

IN THE UNITED STATES PATENT AND TRADEMARK OFFICE

December 11, 2006

Appl. No. : 10/678,785  
First Named Inventor : TUSTIN, Thomas Mark  
Filing Date : October 6, 2003  
Title : DYNAMIC EXERCISE APPARATUS AND METHOD  
Art Unit : 3764  
Examiner : Donnelly, Jerome W.  
Docket No. : TU-01  
Attorney/Agent : Laurence C. Bonar, Reg. No. 33,838, Customer No. 50285

Commissioner for Patents  
P.O. Box 1450  
Alexandria VA 22313-1450

**RESPONSE TO OFFICE COMMUNICATION  
ELECTION IN RESPONSE TO RESTRICTION REQUIREMENT**

Dear Commissioner:

In response to the Office communication mailed October 11, 2006, the shortened statutory period for replying to which is November 11, 2006, a request for a one-month time extension being filed herewith, please amend the above-identified application as follows:

**Remarks/Arguments** begin on page 2 of this paper.